



More Smoothies for Life: Satisfy, Energize, and Heal Your Body

Daniella Chace

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Nutritionist Daniella Chace, coauthor of *Smoothies for Life*, is back with 150 smoothie recipes designed to cure common ailments, increase longevity, and satisfy cravings with fat-burning snacks. Learn how to save money and time by making Starbucks- and Jamba Juice–worthy drinks right in your own kitchen, using the healthiest ingredients on the planet! There's no easier, more decadent way to provide all the nutrients your body needs. With *More Smoothies for Life*, you can whip up:

- smoothies that enhance weight loss, increase metabolic rate, and control appetite
- heart-healthy smoothies rich in antioxidants from blueberries, walnuts, green tea, avocados, pomegranates, and more
- elixirs that heighten mental clarity, improve memory, and support rejuvenating sleep
- quick-and-easy remedies for hangovers, insomnia, and stress
- homemade energy drinks that work and taste like Red Bull, minus the sugar and the price tag

Translating complex food science into easy-to-understand advice, Chace thoroughly explains the scientific basis for each medicinally active ingredient so you know you're getting the most out of your daily shake. Your blender will never be put to better use!

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Spent a free the perfect time to be fun activity to complete! A lot of people spent their spare time with their family, or all their friends. Usually they doing activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Can be reading a book may be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled More Smoothies for Life: Satisfy, Energize, and Heal Your Body can be very good book to read. May be it might be best activity to you.

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Playing with family in the park, coming to see the sea world or hanging out with close friends is thing that usually you could have done when you have spare time, and then why you don't try matter that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love More Smoothies for Life: Satisfy, Energize, and Heal Your Body, it is possible to enjoy both. It is fine combination right, you still would like to miss it? What kind of hangout type is it? Oh occur its mind hangout fellas. What? Still don't get it, oh come on its referred to as reading friends.

John Davis:

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